

ARE YOU PREPARED?



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Public Health
Prevent. Promote. Protect.
Fargo Cass Public Health

F-M Area Emergency Responder's Breakfast Club *Where "crossing the line" is a good thing*



On maps and municipality borders, Fargo, Moorhead, West Fargo, Cass and Clay counties are their own entities in different states, and are even in different FEMA regions; but when it comes to fighting and preparing for disasters, those lines are blurred and almost completely erased.

That is why area emergency responders meet quarterly for breakfast, to discuss their roles, the resources they can provide, procedures, as well as technology updates and new equipment.

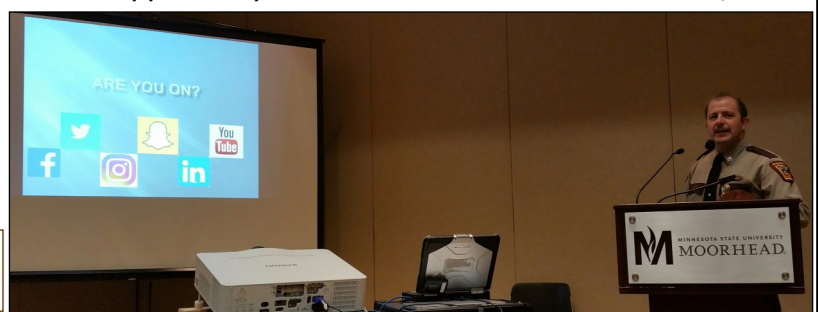
Moorhead Assistant Fire Chief Jeff Wallin states the purpose of the club...*"The club was formed in March, 2016 by the Moorhead Fire Department and meets quarterly. The informal gathering provides a time for leaders and agency representatives throughout Fargo-Moorhead, Dilworth, West Fargo, Minnesota and North Dakota to share ideas, put faces to names, and build relationships. We try to include as many organizations as we can – we believe there is value in being familiar with one another prior to an event occurring."*

The meetings include breakfast, a 20 minute presentation, and around the table updates from attendees. In 2016, presentations included unmanned aircraft from the FAA, the Red River Radio Amateurs on setting up communications in the event there are no cellular or radio communications available, smoke detectors and emergency response from the Red Cross, and a social media presentation from the MN State Patrol.

Heather Konschak, West Fargo School District Community Relations Coordinator & School Safety & Security Coordinator says the networking is valuable, *"When West Fargo Public Schools created the School Safety & Security Coordinator position in 2012, one of the first groups I was introduced to was the Breakfast Club. Since my first meeting in December 2012, I have relied on these quarterly get-togethers for so many reasons. The networking available at Breakfast Club is far and above any other event or group I've been a part of. It's not very often that you're able to spend time with representatives from so many first responder, community, and volunteer organizations, in the same room, at the same time. Having a chance to learn a little bit more about various groups through the keynote speaker process, meeting new people during table discussions, and getting a feel for what's happening in our community during the roundtable sharing...they're all reasons why the district supports my attendance at the Breakfast Club, and why I feel any organization that has been invited should make it a priority to attend."*

For more information about the breakfast club,
contact Dorene Rurup:
dorene.rurup@ci.moorhead.mn.us

Sgt. Jesse Grabow of the MN State
Patrol on using social media.



Do I Thing in December: First Aid

Be prepared to give first aid while waiting for an ambulance.

Tasks

[Know what to do while waiting for an ambulance to arrive.](#)

Call 911 instead of trying to take an injured or ill person to the hospital yourself. It seems like waiting for an ambulance will make it take longer to get help, but ambulance crews can start providing care as soon as they arrive.

[Make or buy first aid kits for your home and car.](#)

Ready-made first aid kits are available at most department stores or your local American Red Cross chapter.

[Take training in first aid, CPR, AED, or pet first aid.](#)

Knowing how to apply a bandage, identify the signs and symptoms of shock, perform CPR or use an automatic external defibrillator (AED) can save a life.



Red River Radio Amateurs meetings and trainings:

Learn more about becoming a HAM operator and upcoming trainings. For more information, go to <http://rrra.org/>



RRRA offer periodic series of weekly classes in preparation for FCC Amateur Radio license tests. These classes are held Wednesday evenings, from 7 to 9 p.m., on the 3rd floor of the West Fargo Public Library, 109 3rd St E, West Fargo.

<http://www.westfargolibrary.org/>

Tis the Flu Season!

Still haven't gotten your flu vaccine? Even if you have already gotten sick with one flu virus, you can still benefit from vaccination. The flu vaccine protects against three or four different flu viruses, depending on which flu vaccine you get. It's not too late to get your flu vaccine this flu season. Learn more: www.cdc.gov/flu/consumer/vaccinations.htm.

CDC recommends everyone 6 months and older get a flu vaccine every year. Flu vaccines are offered in many locations including doctor's offices, clinics, health departments, pharmacies, and health centers. Contact your local health care provider or call Fargo Cass Public Health at 701-241-1383.

Flu vaccine **does not cause** the flu. Learn more common flu misconceptions: www.cdc.gov/flu/about/qa/misconceptions.htm

